**Reflection on Coaching**

**Mediative Questions**

**After watching your coaching session and you think about your questioning, how do you think it went?**

**What makes you feel that way?**

**As you listened to your coaching, what are some things you are noticing about your questions?**

**How did you make decisions about which questions to ask?**

**What was your thinking about the cognitive coaching map you were in?**

**What evidence do you have that your questions were meditative and invited thinking?**

**What was your awareness of the coachee’s States of Mind?**

**What are you learning?**

**When might you have an opportunity to apply that learning?**

**How has this process been helpful to you?**